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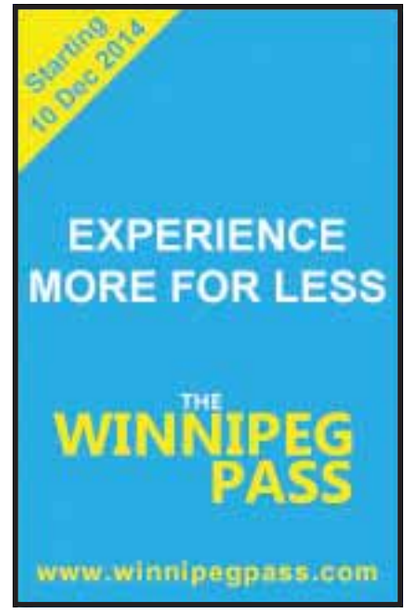
SERIAL'S WORLDWIDE APPEAL

THE PODCAST THAT EVERYONE IS LISTENING TO PAGE 10



Two people stroll along the Manitoba legislative grounds on Sunday afternoon.
SHANE GIBSON/METRO

Iconic building showing its age

Manitoba legislature deteriorating. Tender shows province plans to undertake extensive renovations in time for centennial in July 2020

Pigeon poop, leaking ceilings and damp, insect-infested trees are slowly degrading what is considered "the most important building" in Manitoba.

The provincial legislature — a "priceless monument that Manitobans would be unlikely to reproduce" — is starting to show its age, says a tender put out by the government and obtained by The Canadian Press.

The tender calls for a consultant to assess the state of the legislature, prioritize the necessary renovations and provide a cost estimate. It suggests the province intends to undertake extensive renovations in time for the building's centennial in July 2020.

The legislature's impressive limestone stairs, sculptures and retaining walls are "now deteriorating to the level of life safety concern," the tender says.

It also says the balconies, columns and stone masonry walls are starting to crumble, partly due to "pigeon-related staining" and decay, and partly because of "biological growth."

The roofs over three of the building's porticoes are leaking and mature trees planted around the legislature are starting to cause problems.

The legislature is iconic in Manitoba and has its own devoted following due to the Masonic clues that are said to be embedded in its architecture. The building was designed by British architect Frank Worthington Simon and first opened its doors in July 1920.

But it is also a working office building and its designer never envisioned Ethernet cables or Wi-Fi.

"It was built very, very well, but it's also very, very old," said Chris Hauch, assistant deputy minister with Manitoba Infrastructure's accommodation services division.

"It functions as a modern office complex. The majority of rooms are occupied and actually serve as offices, so it's always a challenge keeping that modern and functional in a building that is a century old."

Although provincial staff know the building and its challenges well, the province is seeking an outside opinion on improvements and preventative maintenance needed to keep the legislature in good shape for the future, Hauch said.

The report is expected within a few months, Hauch said. THE CANADIAN PRESS

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NEWS

Homicide investigation

Woman dies after being stabbed

Police are investigating a homicide that occurred on Victor Street.

Police said they were called to an apartment in the 500 block at 3 a.m. on Friday where they found a 44-year-old woman with serious stab wounds.

Police said emergency personnel took her to hospital in critical condition, where she later died. METRO

From 1998-2014

Dentist charged with sexually assaulting boys

A Winnipeg dentist has been charged with sexually assaulting five young boys over the last 16 years.

Police say the assaults happened between January 1998 and May 2014 and involved victims under the age of 16 that the suspect met in a professional capacity or socializing in a public setting. METRO

Forklift fell on him

Man killed in industrial accident

A man has been killed in an industrial accident east of Winnipeg.

RCMP say the 34-year-old victim was working Friday morning at a commercial building in the Oakbank area when a forklift fell on him.

Emergency crews were called right away, but the Oakbank resident was pronounced dead at hospital. THE CANADIAN PRESS

Douglas. Second hearing into fate of judge kicks off

A second hearing into whether a senior Manitoba judge should be kicked off the bench is finally set to start in Winnipeg today, but sex photos central to the allegations against her are off-limits for viewing — at least for the time being.

The three-person panel of the Canadian Judicial Council had wanted to view the images of Associate Chief Justice Lori Douglas but her lawyers won an eleventh-hour stay of that decision on Friday.

In ordering the stay, Federal Court Judge Richard Mosley stressed it would be up to another hearing to decide whether the images should be permanently sealed. That judicial review is slated to happen Dec. 9 in Ottawa.

"(Douglas) points to the emerging social consensus in Canada that intimate images should not be disclosed or disseminated against the will of the persons they depict, unless it is absolutely necessary," Mosley said in written reasons.

"If the stay is refused and (Douglas) subsequently succeeds on the merits of her application for judicial review, the court will have condoned unnecessary disclosure of such images."

THE CANADIAN PRESS

Plan. Bridges, highways to be raised to avoid flooding

Manitoba has pledged to raise two bridges as well as sections of Highway 75 near the town of Morris to keep a critical commercial route to the United States open during major floods.

The highway will be raised above levels of the 2009 floods.

Morris Mayor Gavin Van Der Linde says the community relies on truck traffic to boost local business.

He says big rigs provide $19 billion worth of economic activity to the U.S. and that activity stops when the road is closed, impacting local restaurants and gas stations.

The Morris River bridge was closed 46 days during the 1997 flood and 35 days in 2009.

The other bridge affected spans the Plum River.

Premier Greg Selinger says the project will cost about $200 million and create an estimated 2,200 jobs.

The announcement is drawing concern from some residents who live outside of town in low-lying areas. Mervin Dueck, who lives just outside Morris, is worried there's not enough drainage.

CTV WINNIPEG/THE CANADIAN PRESS

$15M for social science

Red River College. Minister on hand to announce funding for social innovation research initiative

COLIN FAST
winnipeg@metronews.ca

A Red River College website that's a global hub for research on early childhood education was in the spotlight on Friday, as the federal government announced $15 million in funding for social innovation research.

Ed Holder, minister of state for science and technology, was at the college's Exchange District campus to share details of the three-year initiative that will target research in areas like poverty, community safety and economics development.

"The Community and College Social Innovation Fund will connect the innovative talent of researchers and students at colleges and polytechnics to meet the research needs of local community organizations," he said.

Holder highlighted Red River College's Science of Early Child Development program as a model for the kinds of projects the new fund would support.

Developed in 2005 in partnership with the University of Toronto and the Aga Khan Development Network, the Science of ECD web portal shares the latest scientific research on issues like brain development and literacy with frontline child-care providers.

To access the new research fund, colleges and polytechnics can partner with community organizations and businesses to apply for up to $200,000 to undertake collaborative projects that address community issues.

Minister Ed Holder speaking at Red River College. COLIN FAST/FOR METRO

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'Colossal waste of money'

Manitoba erects road signs even when work isn't being done

The Manitoba government has a policy that allows signs touting its economic agenda to be erected at construction sites long before work begins and to be left up over the winter lull, The Canadian Press has learned.

The signs, which spell out Steady Growth, Good Jobs in large letters and mention the type of work in smaller print, have sprouted up across the province after last year's increase in the provincial sales tax — part of a plan to show Manitobans that the money is being used for infrastructure work.

"Signs are normally installed as soon as possible after contracts are awarded," reads a response from the Infrastructure and Transportation Department to a freedom-of-information request for all rules governing signage placement and timing.

Infrastructure Minister Steve Ashton said the sign campaign is no different than those in other jurisdictions, including the federal government's Canada's Economic Action Plan brand.

"I think one of the key messages here is that this is your tax dollars at work. And that's, again, a standard thing across the country."

The Opposition Progressive Conservatives say the Steady Growth signs are NDP propaganda, paid for by taxpayers. The signs do not offer details such as the construction project's cost or time frame, and only mention in general the type of work being done, such as public housing renovations or road repair.

"These are signs for promoting the government ... and they're a colossal waste of money," Tory Leader Brian Pallister said.

THE CANADIAN PRESS

Premier Greg Selinger speaks at the legislative building on Thursday. JOHN WOODS/THE CANADIAN PRESS

Premier sorry about NHL ticket

Anonymous email. Truth revealed about Greg Selinger accepting free Jets ticket

Manitoba Premier Greg Selinger has apologized for misleading the legislature about a National Hockey League ticket he received, but said it was an honest mistake.

"It was inadvertent ... and if anybody wishes to challenge that in the house they have the right to do that," Selinger said.

"You answer the questions accurately the best you (can) at the time, and this specific piece of information was inadvertently omitted."

The apology comes a few days after it was revealed, in an anonymous email sent to several media outlets, that Selinger had attended a Winnipeg Jets game in December 2011 with Saskatchewan politician Ken Cheveldayoff.

That contradicts what Selinger said in May 2012, when his government was facing criticism after several cabinet ministers accepted free Jets tickets from both public-sector agencies and private firms. Selinger released a list of 13 NDP caucus members who had received the free tickets.

His own name was not on the list.

That same week, Selinger was asked by then-Opposition leader Hugh McFadyen whether he had received any free Jets tickets.

"No," said Selinger, according to the official transcript of a legislature committee hearing.

"So did the premier directly purchase his tickets, then, from the Jets box office?" McFadyen asked.

"I directly purchased my own tickets, yes," Selinger responded.

"And were they purchased directly from the Jets organization?" McFadyen continued.

"Yes," Selinger said.

After the truth was revealed this week, Selinger said he wanted to pay for the ticket, but his host didn't want the money, so the premier gave $300 to charity about six weeks later. THE CANADIAN PRESS

'Inadvertent'

Under the Legislative Assembly Act, anyone who misleads the legislature or one of its committees can be sanctioned and jailed. But previous rulings from the Speaker have established a precedent that no penalty is meted out if the misleading was inadvertent.

Cops make arrest in brazen jewelry theft

Winnipeg police believe they've arrested a man responsible for a number of recent heists including a brazen jewelry theft that saw two valuable rings snatched up right under a store owner's nose.

The owner of the jewelry store in the 900 block of Main Street went to media with surveillance video of the thief after the suspect reached behind the counter to grab the two rings while staff was briefly distracted Nov. 15.

Police say the same man reached behind the counter of a hotel in the 700 block of Main Street Oct. 31 to steal cash from a register and twice smashed through a window at a pharmacy in the 700 block of Main Street in the early morning hours of Nov. 17 to steal medication.

Police were able to recover both of the stolen rings and some of the medication.

METRO

Charges

Kyle Kenneth Desmarais, 30, of Winnipeg, is charged with two counts of break, enter and theft, one count of theft under $5,000 and one count of theft over $5,000. He has been remanded in custody.

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Health. Radon gas can cause lung cancer: Experts

It's a naturally occurring radioactive gas that can seep through cracks and crevices in houses and other enclosed spaces — and can cause lung cancer. Yet many Canadians aren't even aware of its existence or the health risk the substance can pose.

Radon, a colourless and odourless gas emitted through soil, is believed to be responsible for 16 per cent of lung cancer deaths in the country each year, making it the second-leading cause of lung cancer fatalities after tobacco use, says the Canadian Cancer Society. It's estimated that 3,000 Canadians die from lung cancer caused by radon annually.

Yet a national survey commissioned by the society found that only one in three respondents was aware of health issues concerning radon gas, while about the same proportion knew the radioactive gas could be "very harmful." About one-quarter of the 1,238 respondents had no idea it posed a health risk at all.

Quoted

"The only way to really know is to check your own house. Your neighbour can have extremely low levels and you can have high levels."

Gillian Bromfield, director of cancer control policy at the Canadian Cancer Society, explains how you can take measures against exposure to radon gas.

"Because it is a gas, it gets inhaled," said Gillian Bromfield, director of cancer control policy. "Once inhaled into the lungs, it can do damage."

Radon is released into the air as soil and rocks containing uranium gradually break down. Outdoors, released gas is quickly dispersed and levels are low. However, when radon enters buildings through foundations, joints and vents, it can accumulate in higher concentrations. **THE CANADIAN PRESS**

$200M. Military mental health to get more funds

The federal government has announced $200 million over six years to support mental health needs of military members, veterans and their families.

The Department of National Defence and the Canadian Armed Forces also announced Sunday that an additional $16.7 million in ongoing funds will be available to support forces members, veterans, and their families.

Veterans Affairs Minister Julian Fantino told a news conference in Halifax that some of the money will fund completely digitizing the health records of all serving personnel, investing in brain imaging technology and extending access to Military Family Resource Centres.

"We will continue to focus on reducing the administration burden on veterans and their families while improving frontline services and medical support," he said at HMC Dockyard.

Also announced Sunday was the construction of a new operational stress injury clinic, slated to open in Halifax in the fall of 2015.

"The clinic will bring high-quality specialized mental health services and support to veterans in the Halifax area," said Fantino. "We believe the new clinic will help over 1,200 veterans … over a six year period." **THE CANADIAN PRESS**

11-year-old in custody

More arrests at pipeline protest

At least a dozen protesters, including an 11-year-old girl, were taken into custody Sunday on a mountain near Vancouver as a demonstrations continued against a controversial pipeline project.

Dozens have been arrested since Thursday, when the RCMP began enforcing a court injunction ordering protesters to clear a pair of work sites on Burnaby Mountain, where Kinder Morgan is conducting drilling and survey work related to the proposed expansion of its Trans Mountain pipeline.

The 11-year-old girl and her mother crossed a police line after announcing their plan to do so to supporters. Others were arrested after making similar pronouncements and proceeding past RCMP officers.

Anti-pipeline activists set up an encampment on Burnaby Mountain in September in an attempt to block Kinder Morgan crews from accessing the area. **THE CANADIAN PRESS**

Maritime lobster levy faces more delays

Fishing boats loaded with lobster traps head from the harbour in West Dover, N.S., on Saturday. A promise from the three Maritime provinces to have a levy in place before the end of the year to support a marketing strategy for the region's embattled, $1-billion lobster industry is facing more delays. The levy, first proposed in a report more than a year ago, would see lobster fishermen and the onshore side of the industry such as processors each pay one cent per pound of lobster caught to cover the cost of advertising campaigns and other strategies to promote their product, which has been plagued by slumping prices in recent years. The levy would cost the industry about $2.5 million annually, the Maritime lobster panel report said.

PHOTO: ANDREW VAUGHAN/THE CANADIAN PRESS; STORY: THE CANADIAN PRESS

Majority of Canadians back Iraq mission: Poll

Forum Research Poll. 66 per cent of voters agree with the Canadian effort to combat ISIL militants

About two-thirds of Canadians support the mission in Iraq and consider the Islamic State of Iraq and the Levant (ISIL) a threat to Canada that must be confronted overseas, a new poll says.

Days after Canada's third bombing mission destroyed a warehouse and training ground in northern Iraq, a Forum Research poll found 66 per cent of voters agree with the Canadian effort to combat ISIL. Our contribution to this war effort includes bombing missions by six CF-18 fighter jets.

The survey found that 30 per cent do not agree with the mission — a position mirrored by 40 per cent of voters aged 18-34, and 37 per cent of those polled in Quebec.

The poll also discovered more Canadians agree that ISIL poses a direct threat to Canada today (67 per cent) than did in a September poll (56 per cent).

About two-thirds of voters support the claim that ISIL must be combatted in Iraq to stop the group from spreading into Canada. A strong majority of Canadians — 70 per cent — believe the country needs tougher anti-terrorism laws.

Of those polled, 72 per cent agree that Canadians deemed "high risk,"who might travel abroad to participate in jihadist movements, should have their passports revoked. And 86 per cent agree that such individuals should not be allowed back into Canada once they have left.

Forum put Ben Franklin's famous adage to voters: "Those who give up their freedom for security deserve neither freedom nor security." Less than half — 45 per cent — agree with Franklin, a quarter do not and just under one-third have no opinion on the statement.

Forum said its results are accurate plus or minus three percentage points, 19 times out of 20. **TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS**

Canadians voice opinions

- Voters were evenly divided on whether attacks on Cpl. Nathan Cirillo and Warrant Officer Patrice Vincent justified Canada's involvement in the U.S.-led mission in Iraq.
- The poll was taken by telephone using an interactive voice response survey on Nov. 19 and 20. The sample was made up of a random selection of 1,500 Canadians aged 18 and older.

Unused funding for veterans 'not lost': Fantino

Veterans Affairs Minister Julian Fantino THE CANADIAN PRESS

Veterans Affairs Minister Julian Fantino said Sunday the department's $1.1 billion in unused funding over seven years is "not lost money."

The department was unable to spend more than $1.1 billion of its budget over seven years, and like other departments that are unable to spend their appropriation within the budget year, Veterans Affairs was required to return its unspent funds to the treasury.

But Fantino told a news conference in Halifax that the funding is recycled back into programs for veterans.

"That has taken on a life of its own. It's totally false in the context that it's been portrayed," said Fantino of the lapsed funding at a press conference announcing $200 million over six years to support mental health needs of military members.

Last week, veterans groups were demanding a detailed accounting of which programs had lapsed funding and why.

They also accused Ottawa of using it as a deliberate strategy to balance the federal budget. **THE CANADIAN PRESS**

The father of an Ottawa teen charged with offences relating to prank 911 calls speaks to reporters Sunday at Larkin Park in Ottawa's south end. TREVOR GREENWAY/METRO IN OTTAWA

City of Ottawa site gets hacked

Anonymous? Hacker claims to have evidence that proves innocence of teen charged with 'swatting'

TREVOR GREENWAY
Metro in Ottawa

A hacker claiming to be with the loose-knit group Anonymous crashed the City of Ottawa and Ottawa police websites over the weekend in a purported bid to clear the name of a Barrhaven teen charged with 60 offences related to "swatting."

A statement from the hacker distributed to media Sunday says the teen was framed for the crime and plans to release documents in the coming days to prove his innocence.

"We will not rest, we will not stop, until the police admit their mistake and drop all charges against the innocent youth," the group said in a statement read aloud by the teen's father during a press conference Sunday.

The teen's father, who cannot be named to protect his son's identity, showed reporters what he says are listening devices planted in his home by police.

The father also had a Purolator box with a snap-together computer — a package he claims was sent by a man in New Jersey in an attempt to breach the teen's house arrest conditions. The hacker group also published the New Jersey man's name and address.

"My son has been framed, I have known that all along," said the father, explaining that on May 8, his son was arrested for "swatting" — allegedly making prank calls across North America that forced emergency response teams to be sent out under false pretenses.

He says his son was arrested, but the Twitter account @probablyonion2 that police allege his son was using was tweeting an hour later.

The City of Ottawa website was targeted Friday afternoon, as users were brought to a screen with a dancing banana and a text message targeting Ottawa police officer Joel Demore. The City of Ottawa website was back up Sunday, but the police website remained down all day.

The hacker group says it plans to take down the City of Toronto, Conservative Party and Parliament websites in the coming days.

Pieces of electronics that a man says are listening devices planted in his home by Ottawa police. TREVOR GREENWAY/METRO IN OTTAWA

Threat by text

"We can destroy everything. This is a flex of our power. Please, test us. You know what we want."

Text message from hacktivist to Ottawa police officer Joel Demore

Two more lawsuits

NDP accused of trying to stifle complaints

Two more former NDP staffers who say they were unfairly dismissed have accused the party of trying to convince them not to file a complaint against the elected members who employed them.

Bouchra Taibi, who was working for MP Helene Leblanc, and Melanie Bellemare, who was working for MP Francois Choquette, have each filed lawsuits claiming wrongful dismissal.

Like Fabiola Ferro, who took legal action earlier this month against New Democrat MP Sylvain Chicoine for wrongful termination, Taibi and Bellemare argue the party tried to stifle their attempts to come forward.

THE CANADIAN PRESS

Kyle Sinclair

Soldier working on Coyote patrol vehicle at time of fatal incident

The military says a Canadian soldier who died at CFB Petawawa in eastern Ontario was doing mechanic work on an armoured vehicle when the incident that killed him occurred.

Canadian Forces spokesman Lt. Jean-Francois Carpentier says Craftsman Kyle Sinclair, 27, was working inside a building hanger on a lightly armoured Coyote patrol vehicle on Friday night, but wouldn't say exactly what happened.

He says Sinclair was rushed to an Ottawa hospital, where he succumbed to his injuries before midnight.

Sinclair joined the Forces in December 2012, was in a training program with The Royal Canadian Dragoons and belonged to 2 Service Battalion.

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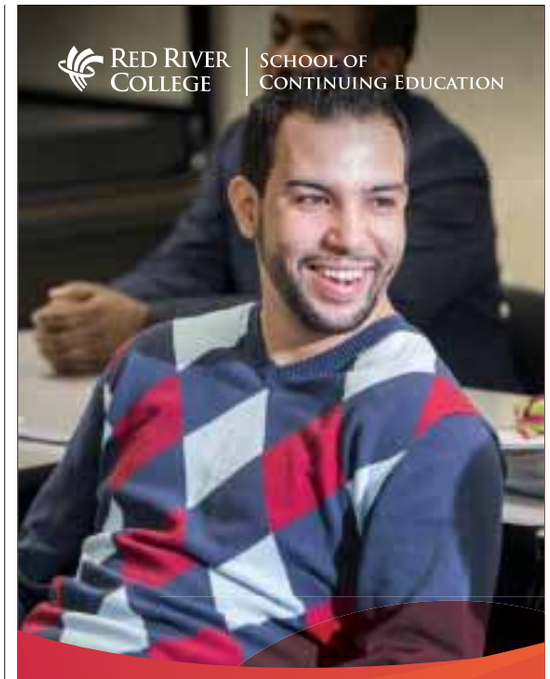

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Anxieties mount as Ferguson awaits grand jury decision

Residents on edge. Several businesses have put boards on their windows

Worry and speculation mounted Sunday in the St. Louis suburb of Ferguson as residents awaited a decision by a grand jury on whether to indict a white police officer in the shooting death of an unarmed black 18-year-old.

More than 3-1/2 months have passed since police officer Darren Wilson killed Michael Brown after a confrontation in the middle of a street in Ferguson. The shooting triggered riots and looting, and police responded with armoured vehicles and tear gas. The incident reignited debate over how police deal with young black men, and drew attention to racial tensions simmering in U.S. communities four decades after the civil rights movement of the 1960s. Two-thirds of Ferguson's residents are black, but the police force is almost entirely white.

Many in the St. Louis area thought a grand jury decision on whether to charge Wilson with a crime would be announced Sunday, based partly on a stepped-up police presence in the preceding days, including the setting up of barricades around the justice centre where the panel was meeting.

The grand jurors met Friday but apparently didn't reach a decision, and they were widely expected to reconvene on Monday, though there was no official confirmation of that. Grand juries, composed of regular citizens, determine only whether probable cause exists to indict a suspect. If the jury indicts Wilson, a separate trial will be held to decide whether to convict or acquit him.

During church services Sunday, some pastors encouraged their flocks not to fret.

"None of us are pleased about what happened," said Shalom Church parishioner James Tatum. "Whatever the verdict is, we have to understand that's the verdict."

As they wait, some people have continued daily protests, while speculation has grown that the delays are intentional.

"People feel like it's been engineered so that the results wouldn't come out until after the election, and until the weather got cold, and it would be more difficult to protest," said Susan McGraugh, supervisor of the Criminal Defence Clinic at the Saint Louis University School of Law. "It's really adding fuel to the fire."

THE ASSOCIATED PRESS

Police stand guard during a demonstration outside the Ferguson Police Department, Sunday in Ferguson, Mo. Ferguson and the St. Louis region are on edge in anticipation of the announcement by a grand jury whether to criminally charge officer Darren Wilson in the killing of 18-year-old Michael Brown. DAVID GOLDMAN/THE ASSOCIATED PRESS

Muslim clerics meet to counter extremists

Shiite and Sunni clerics from about 80 countries are gathering in Iran's holy city of Qom to develop a strategy to combat extremists including the Islamic State of Iraq and the Levant (ISIL), which has captured large parts of Iraq and Syria.

Ayatollah Nasser Makarem Shirazi, the chief organizer of the conference, appealed for consensus among Islam's two main branches, urging them to expose extremist ideology as absurd and to discredit groups espousing it.

Other speakers at the two-day conference blamed the U.S. and Israel for the creation of ISIL, saying it was formed to position "Islam against Islam."

ISIL is widely seen as a threat to Islam because it resorts to barbarism and brutal massacres in the name of the religion.

THE ASSOCIATED PRESS

Participants sit in an anti-extremism conference on Sunday in the city of Qom, 125 kilometres south of Iran's capital of Tehran. ZOHEIR SEIDANLOO/MEHR NEWS AGENCY/THE ASSOCIATED PRESS

Philippines

Bomb blast near crowded carnival kills 2, wounds 23

A bomb exploded Sunday in a billiard hall near a crowded town carnival in the southern Philippines, killing two people and wounding 23, the town's mayor said.

Mayor Joselito Pinol said two men left the bomb, which was apparently concealed in a bag, at the billiard hall late Sunday in his town of Mlang in North Corabato province. The two men left hurriedly on board a motorcycle before the blast occurred.

Pinol said bomb shrapnel and flying debris hit people in the billiard hall and in a nearby carnival. The blast damaged the billiard hall.

No group immediately claimed responsibility for the attack. Government troops have been on alert for possible attacks in the region by a Muslim rebel faction opposed to a new peace deal between the government and a larger Muslim insurgent group.

THE ASSOCIATED PRESS

VOICES

ROTTING FROM THE INSIDE

While Manitoba Infrastructure has a plan to fix the deteriorating legislature building, it's not going to be so easy for the ruling NDP, which has spent the past month pointing at serious problems within its own foundation while the current landlord insists everything is rock solid

COLIN FAST
winnipeg@metronews.ca

The provincial legislature is crumbling because of pigeon poop and leaky ceilings, yet the building is still standing more solid than the government inside it.

In what has to be the most metaphorical government tender ever issued, Manitoba Infrastructure says the building is "deteriorating to the level of life safety concern" and needs serious help if it's going to survive.

Somewhere there's a government procurement officer with a wicked sense of humour, though Premier Greg Selinger may not be laughing.

Manitoba Infrastructure's solution to its rotting structure problem is to bring in outside consultants to do a top-to-bottom assessment and provide advice on getting things back in working order.

If only it were that easy for the ruling NDP, which has spent the past month running around pointing at serious problems with its own foundation, while the current landlord insists everything is rock solid.

But the party has the opportunity to scrape the pigeon poop off of its own government when an internal rules committee releases its own tender later this week for the next leader of the party. And the first requirement for anyone interested in bidding on the job should be to resign from cabinet immediately.

Yes, it might be embarrassing for the premier to step down to run for his own job, but he hasn't been the party's golden boy for a while now.

Having five members of your cabinet resign is embarrassing. Having to apologize for lying about a three-year old Jets ticket is embarrassing. And hiding from the media behind your newly hired group of bodyguards, err, "advisers" is embarrassing.

It's also embarrassing when — while facing a revolt from within your own party and fading support in public opinion polls — you deliver a throne speech so devoid of substance that reporters instead concentrate on where former minsters are sitting and what colour corsages they're wearing.

Oh well, at least that distracted them from the threat the actual Golden Boy might come crashing down into the middle of the chamber.

Fortunately, with a solid plan and some careful preservation work, the legislature can likely be overhauled to stand proud for another hundred years.

The rot that has taken over the NDP might not be so easily reversed. But removing all the leadership candidates from the daily business of running the province is the only way to preserve the appearance of a clean contest and to begin repairing the government's damaged reputation.

Scraping off the pigeon poop

The NDP has the opportunity to scrape the pigeon poop off of its own government when an internal rules committee releases its own tender later this week for the next leader of the party. And anyone interested in bidding on the job should resign from cabinet immediately.

Manitoba Premier Greg Selinger responds to media questions at the Manitoba legislature.
JOHN WOODS/THE CANADIAN PRESS

Your city look-ahead

Transit day passes may be coming soon

Hate bus tickets? A Winnipeg council committee will consider adding a day pass for transit users this week — which would mean no more fumbling for flimsy paper squares.

However, if they do, it's likely day passes won't be offered until Winnipeg Transit's new smart card system goes live.

The Infrastructure Renewal and Public Works committee will meet on Tuesday at city hall to discuss a report that says the city should offer it, but there's no rush.

"It is unknown what demand there will be for this product, but with the smart card system there is no risk or cost to offering the product," according to the report from the administration.

"The department typically sees a few requests each year for a day pass, but demand has not been sufficient to warrant the implementation of the pass under the current paper-based system." The smart card system is scheduled to be implemented in 2015.

ELISHA DACEY/METRO

Letters

RE: High time for an update, Nov. 19, 2014

A recent article in your paper sparked talk around our office here at Children of the Street Society. (We) provide free education in B.C. schools about forced prostitution of minors for students in grade 5 up to grade 12.

Sexual exploitation and human trafficking can be a very sensitive topic for some and because of that we believe that teachers should not be responsible for providing this education, primarily because they are not trained to do so. Nor are they trained on how to deal with any disclosures that may come after education of this nature.

Instead organizations like ourselves, using a youth-to-youth model, should be funded province-wide as a safe resource to educate young people.

This type of education needs to be age-appropriate and needs to be done in a manner that is relevant for youth.

Although we get this conversation started in the classroom, parents also need to be involved in their kids' lives.

What we as a society need to realize is this: Pimps and traffickers are getting to youth as young as possible. The average age of entry into the sex trade in Canada is 13 years old. Is it not important that we give this information to youth, in a healthy and safe manner, before the predators do?

We need to discuss sexual exploitation and human trafficking with students as young as possible to give them the tools they need to make informed decisions as they go on in life.

Kev Lescisin, program co-ordinator, Coquitlam, B.C.

WE WANT TO HEAR FROM YOU
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Getting next generation to lean in

SheBiz. Daylong event had women in business teaching teen girls about possible leadership opportunities to pursue

From left, Grade 11 student Doris Do, Jennifer Reynolds, CEO of Women In Capital Markets, and Grade 10 student Susan Sun during SheBiz, an event to teach girls in Grades 9 to 11 about careers in finance, science and technology. TORSTAR NEWS SERVICE

Last week, Doris Do didn't know what a consultant was.

Today she knows — and she might even want to be one someday.

She likes what she's heard about what the position has to offer — namely, the potential for travel, moving up the corporate ladder, and the pay. "It sounds really interesting," the Grade 11 student at Harbord Collegiate Institute says.

Susan Sun, a Grade 10 student at Bishop Allen Academy, thinks she may want to be a lawyer, but she also enjoys math and science. Now she knows her broad range of interests could easily lend itself to a career in business. "I see how I could even switch careers," she said. "It feels flexible and open."

Do and Sun were among more than 300 high school students — girls in Grades 9 to 11 — who attended SheBiz on Friday.

At the daylong event, held at the Desautels Hall at the Rotman School of Management at the University of Toronto, girls learned about careers in business, especially in fields such as consulting, accounting, finance and technology.

They listened to guest speakers, worked through a case study and played a trading game that teaches about finance and the stock market. Most importantly, they learned about the business world from women who are already working in it.

"The girls are really engaged. They're asking a lot of questions. These girls are sitting in front of people that are relatable, and they say, 'I could be this person,'" says Jennifer Reynolds, president and chief executive officer of Women in Capital Markets, the professional networking group that puts on SheBiz.

"We need to show them, if you go into these types of roles, you can have a big impact on the world around you. You can run your own company and make decisions that are good for your country and the broader world. We need to inspire young women to want to be leaders in the economy."

TORSTAR NEWS SERVICE

National conversation

This year's event comes amid a national conversation about boosting the profile of women in Canadian business. In mid-October, Canada's biggest stock market regulators issued new rules requiring public companies to explain how many women they have on their boards and in executive roles, as well as what they are doing to recruit them. The Ontario Securities Commission spearheaded the initiative.

- Women currently account for about 12 per cent of director roles at Canada's biggest public companies. By some estimates, women account for about half of the professional workforce — but just about one-quarter fill the ranks of senior managers.

Companies. New integrity rules may hurt the economy

New federal rules that threaten to ban companies convicted of crimes from public contracts could kill jobs and hurt the Canadian economy, warns a study conducted for a powerful business group.

The report lists the potential consequences of Ottawa's so-called integrity framework, a measure strengthened last spring to disqualify would-be suppliers busted in Canada or abroad for offences such as fraud, bribery and extortion.

The companies would face a 10-year ban, or debarment, from vying for the often-lucrative procurement deals offered through the government's primary contracting department: Public Works.

But such bans would not only inflict damage on suspended firms, they also risk "far-reaching harm" on Canada's economy, says the study, commissioned by the Canadian Council of Chief Executives.

The report was one of two research documents the council forwarded to Public Works last week. The department says its officials are reviewing both reports.

"Debarment imposes a direct cost on the debarred firms, but also on innocent parties and society at large," says the report, which explores the potential economic effects of the framework.

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ME TO WE

Owned by billionaire

Airline taking back pilots' $4,000 Christmas bonuses

Pilots from Island Air were probably pretty happy when they got a $4,000 US Christmas bonus — that is, until the airline wanted the money back.

The regional airline owned by billionaire Larry Ellison said it paid the bonuses prematurely in October.

The Honolulu Star-Advertiser reported Saturday that the company plans to take payroll action to recover the erroneous payments. THE ASSOCIATED PRESS

No such thing as bad press?

Silicon Valley seems to have more than its share of companies behaving badly. Among up-and-comers in the tech world, privacy abuses and executive gaffes have become viral sensations. But is all that bad behaviour actually bad for business?

Last week, Uber sparked controversy after a top executive suggested spending $1 million US to dig up dirt on a journalist critical of the driver-on-demand company. It's only the latest time Uber has been called out, either for actions by its drivers or its corporate culture.

The company also is investigating one of its New York employees for tracking another journalist's ride, which has raised fears that Uber is misusing customers' private location information. So far Uber's investors, which include Google Ventures and prominent venture capital firms that poured $1.2 billion into the company at its latest funding round, have remained quiet. So is Uber's much-criticized "bro culture" just part of the package — a reason, even, for its meteoric rise and ability to go after smaller rivals and the taxi establishment?

Uber CEO Travis Kalanick
THE ASSOCIATED PRESS FILE

Or is it a liability for the company, its Ayn Rand-loving CEO and its backers?

"I think it's going to alienate some potential customers but I doubt, given what's happened to date, that it's going to make a big difference," said Robert Hurley, director of the Consortium of Trustworthy Organizations at Fordham University in New York.

So far, the controversies haven't put the brakes on Uber's skyrocketing valuation ($17 billion at last count, and reportedly heading to nearly double that), or its popularity among people who can use the app to hitch rides.

There are calls to boycott the company on Twitter, and many have vowed to go to its smaller rival Lyft. But on Friday Uber was ranked 35th among the most popular free apps on iTunes — up from 37th on Monday. THE ASSOCIATED PRESS

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Teen lovers' murder mystery captivates the world by podcast

Online. Passionate fans debate weekly series that casts doubt on guilt of Maryland teen jailed for killing and burying girlfriend

Episodes of the Serial podcast are available on iTunes and at serialpodcast.org. SCREENSHOT: SERIALPODCAST.ORG

For 15 years, nobody outside Maryland cared much about the murder of a South Korean-born high school teen, supposedly at the hands of her ex-boyfriend, the son of Pakistani immigrants.

Now, it seems, everyone does. The perplexing tale of Hae Min Lee and Adnan Syed is at the heart of Serial, an hour-long weekly podcast that's become an unlikely global Internet phenomenon.

Fans speak of being "addicted" and "obsessed" with the program. Those who caught the bug early can't wait for Thursdays, when fresh installments drop. Latecomers binge on past episodes.

It's been downloaded more than five million times from Apple's iTunes store, where it's a Top 10 hit in the United States, Canada, Britain, Australia, India, South Africa and Germany. It can also be heard on the show's website at serialpodcast.org.

Between episodes, chatter rages on social media. Reddit hosts an exhaustive Serial discussion board. Bloggers speculate who's telling the truth — and who might not be.

Serial is a spinoff from This American Life, a long-running U.S. public radio series that's famous for its quirky topics and laid-back storytelling style.

Its runaway success — as a podcast, no less — has taken its creators by surprise.

"We kind of expected to be in the sleepier realms of the podcast world," says senior producer Julie Snyder. "We were hoping for good numbers. But we were not at all expecting so many people listening and writing about the show, and having a lot of interest about the show. And it's international. We didn't plan for that at all."

Serial comes across as part investigative journalism, part police procedural, part soap opera, with a nod to the 19th-century serialized novels of Charles Dickens and Emile Zola.

Hae and Adnan — everyone in Serial is called by their first name by narrator and journalist Sarah Koenig — are high school sweethearts who keep their love a secret from their conservative immigrant families. In the opening episodes, both come across as bright all-American teenagers — popular, getting good grades, holding down part-time jobs, looking forward to prom night.

But when romance turns to breakup, Adnan, overcome by anger, strangles Hae and, with a pal, buries her in a shallow grave, where a passerby finds her three weeks later.

At least, that's the version prosecutors gave jurors at a six-week trial that ended with Adnan getting a life sentence in a Maryland penitentiary, where he remains at the age of 32.

Koenig revisits the case in forensic detail — interviewing witnesses who sometimes contradict themselves, pursuing neglected leads, chatting regularly by phone with the imprisoned Adnan, who maintains he is innocent.

It's unclear whether Serial might turn up fresh material to compel judicial authorities to reopen the case — but Snyder says that's not the point.

"We've said from the beginning that we don't know where it's going to end," she added.

Serial is likely to run 12 episodes overall, but the producer cautions: "We don't know for sure, because we are still doing the reporting." AFP

Quoted

"We were not at all expecting so many people listening and writing about the show. And it's international."

Julie Snyder, senior producer of Serial

TV. Bell locks up Seinfeld for its new video streaming service

The Fusilli Jerry episode of Seinfeld. CASTLE ROCK ENTERTAINMENT

Serenity now! Seinfeld is headed to Bell Media's new streaming video service.

The company said that it has struck a deal with Sony Pictures Television for the Canadian exclusive subscription streaming rights for the classic sitcom.

Bell made the announcement while revealing its comedy slate for its new streaming video service, Project Latte.

All nine seasons of the show about nothing will be available, along with every episode of Everybody Loves Raymond, Frasier, Cheers and Corner Gas.

The service will also feature current comedies, including The Big Bang Theory, The Goldbergs, The Millers and Spun Out, as well as Comedy Central shows such as Inside Amy Schumer and The Sarah Silverman Program.

The deal marks the first time Seinfeld will be available on a North American streaming-video on-demand platform. Project Latte is set to launch later this year and is designed to be available to all TV providers. So far, the service will be offered to Telus Optik TV, Bell Fibe TV and Bell Aliant FibreOP TV subscribers via the set-top box, as well as via the web, game consoles and smart TVs.

Bell previously announced the service will feature the entire library of off-air HBO programs, including Curb Your Enthusiasm and Sex and the City, as well as the entire Monty Python catalogue.

Shaw Media and Rogers Media launched their streaming video service, Shomi, earlier this month.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Natalie Dormer ALL PHOTOS GETTY IMAGES

The naked truth: Natalie wants GOT's nudity imbalance to be righted

The HBO hit Game of Thrones isn't known for modesty when it comes to nude scenes, but at least one of the show's stars thinks there's some imbalance in exactly what flesh is on display.

Simply put, Natalie Dormer wants to see more man meat next season. "Well, during the first season, (co-stars) Alfie (Allen), Richard (Madden) and several of the men got naked — although not all the way," Dormer, who also stars in the new Hunger Games movie, tells The Daily Beast.

"I think Thrones has been better than your average show with the equality, but they could definitely ramp it up. Absolutely." Should we start a petition or something?

Katherine Heigl

On second thought, Heigl's definitely not the B-word

Remember earlier this month when Katherine Heigl did a Facebook Q&A session and got hit with a fan asking about whether she is "very rude," as she's rumoured to be?

Well, she'd like to update her response. "I think I said, 'Of course, I've heard that too and I'm not.' And you know what, I've been saying 'I don't think I am,' but I'm going to be really honest right now. I'm not," Heigl tells Meredith Vieira. "I know I'm not. I don't have to think about it. I'm not a rude person. I'm not an unkind or mean person...

"We should all have the basic human right to say, 'Hey, no, I'm sorry, I'm not comfortable with that. I don't like that. This is not OK for me,' without it making me ... I can't say the word. A B-word." OK, that last part was kind of adorable.

The Word

Gwyneth gives Martha a taste of her own recipe as war heats up

NED EHRBAR
Metro in Hollywood

In possibly the most stuffy, Hamptons-bred move yet, Gwyneth Paltrow and Martha Stewart have apparently decided they're going to play out their ongoing feud with the WASP-iest weapon of all: clever recipes.

Last month, Stewart presented a selection of holiday pies in her magazine with the headline "Conscious Coupling," an obvious dig at Paltrow's awkward divorce announcement.

So Paltrow's camp has now fired back by posting a recipe on Goop for "Jailbird Cake," apparently a dig at Stewart's time behind bars.

"The folks at Goop know how to have some fun, too," a source tells People magazine. "If Martha served up the appetizer, the Jailbird Cake is just desserts."

But hey, at least if they keep fighting, we'll keep getting delicious dessert recipes.

Bette Midler

Midler says 'specialness has rubbed away' from the gay community

Gay community: Bette Midler loves you, but you're bringing her down. You're just not interesting enough anymore.

"The extreme characters you used to see in the Village in the old days, you just don't see them anymore," Midler tells the Advocate. "I really do miss them, because there was a feeling I used to get that people were expressing themselves in the most elaborate of ways. Now the (gay community) has kind of gone mainstream. It's sort of ordinary now, and a little bit of the specialness has rubbed away." Man, after Zachary Quinto's recent comments in Out, this is a great month for criticizing the gay community as a whole, isn't it?

Cohen urges Kevin Spacey to face up to sexual reality

Bravo honcho and Watch What Happens Live host Andy Cohen probably shouldn't expect Kevin Spacey on his show anytime soon. Cohen implores Spacey to come out of the closet in his new memoir, The Andy Cohen Diaries. He recounts running into Spacey — who has dodged questions about his sexuality for years — at the U.S. Open in 2013. "Kevin Spacey was in front of us with what looked like a face full of makeup and three male companions who were definitely not raising any questions," Cohen writes. "I still get enraged when I think about him talking about being in love with that woman on 60 Minutes. Come out, sir."

Kevin Spacey

Twitter

@OfficialWillow
Love is the only thing we can perceive that transcends all dimensions.

@JohnStamos
Pregunta? Are there so many successful dating websites because relationships often don't work out? Hmmm.

@JimCarrey
I wish you all freedom from self concern.

LIFE 3

Don't be a drifter when it comes to life — and your debt

Take charge. Sure, it takes a lot more work to pick up the paddles and refuse to go with the flow, but the payoffs are plenty

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

It can be easy to not have a clear idea of who we are or what we want, but drum up the courage to decide what you really want in life. ISTOCK

Have you ever caught yourself thinking, "This just *cannot* go on!"? You know that wherever you are now is not where you want to be. You know it. Yet you do nothing to change.

People spend a lot of time thinking about how their lives could be different. They wish they could escape from whatever trap they feel caught in. Are you in debt? Are you working a crappy job? Is your home life just miserable? So, what are you going to do about it?

You could let your mind wander to a better place. You could wish. You could get angry ... at yourself, at your boss or co-workers, at you partner. Or maybe you just get sad.

If you've experienced this sense of not moving forward, this sense of drifting through your life, you're going to have to decide if this is what you want the rest of your life to be like — or *not*.

Young people often experience this sense of not heading where they want because they've done a lot of what they've done simply to meet the expectations of their parents, teachers, or other influencers.

There are the people who get married early because that's how it's done in their family or in their culture. There are the people who head into careers they have little interest in because someone else thought it was a good choice. And there are the people who buy a home, taking on debt they're not psychologically prepared to deal with, simply because "only losers rent."

While approval from the people you love and admire may be important to you, it's not enough to keep you happy. For that, you actually have to figure out what *you* want. You have to clearly see it. And then you have to do whatever it takes to make it so.

One of the biggest lessons I've learned on my life journey is that I can only be happy when I am being Gail. In my younger days, I worked hard to meet other people's expectations — and failed miserably — so I figured out that I'd rather be disliked for the person I am than for the person I'm pretending to be. I got real. And now if a body doesn't like me, oh well.

The tendency to be unclear about who we are and what we want goes for just about everything else in life. If you drifted into a marriage, drifted into a job or career, drifted into a new home, all because it was what came your way, it may be time to take your life back.

What are you passionate about? What do you love? What do you hate? What makes you happy? What makes you sad? Who inspires you, and why? What do you wish was different about your life?

Very often we send ourselves signals that can help us decide what it is we really want so we can get focused. It may be a book you read that strikes a cord or a conversation you have with a friend. Just as often, we push those signals aside without paying attention and we miss our cue.

Take heart. Another will come along. It may be a touch of envy that makes you sit up and pay attention to what you think is missing in your life.

It may be a daydream, an "I just wish I could" moment, that you can catch and study.

Or you may find yourself getting really P.O.'d because what you're doing is pointless and unsatisfying and you really hate Monday mornings.

Quoted

"Talk about your dreams with your friends and family. Set a goal. Set another goal. Make the life you want."
Gail Vaz-Oxlade

If whatever you're doing used to work for you, but you've changed and it no longer does, you need to rethink what's really important. And if you feel you have to stick with whatever it is because you've invested so much energy in a particular direction that changing course now would be "a waste," give your head a shake. Don't be so settled, so habituated to your life, that you end up caught in the honey of a life you really don't want.

It's time to be brave, to figure out what you really want and then drum up the courage to make it so. Try. And try again. Talk about your dreams with your friends and family. Set a goal. Set another goal. Make the life you want.

Drifting is always about going with the current and it takes less effort than heading in a defined direction.

Just look at all the people who wish they weren't in debt! Sure, if you're drifting you'll keep moving, but you'll also be dependent on the direction of the current, and susceptible to the tides and eddies of life. If you're ready to pick up the paddles, you can go anywhere you want.

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Are you experiencing deskpression? Maybe it's time to turn in your notice

Career. Signs that it's time to leave your nine-to-five for a freelance gig

MARIANNE HAYES
Metro in New York City

We've all experienced the workplace blues, but if negative emotions are getting the best of you each and every day, you might consider contemplating another career path. CONTRIBUTED

If going into the office every day leaves you less than thrilled, you're not alone. In fact, Gallup's 2013 State of the American Workplace study found that 70 per cent of those polled described themselves as disengaged at work.

It seems fitting that a record number of workers are taking the plunge from cubicle dweller to full-time consultant. The truth is that more and more working-aged people — particularly millennials — are trading corporate nine-to-five jobs for the freelance life. Just how many? According to the Freelancers Union, one in three Americans currently works as a freelancer.

Read on for the telltale signs that it might be time to say so long to your nine-to-five gig.

Going to work feels like a chore

If you hate your job, it might be the universe telling you that you're not cut out for your current position.

After spending years as a classroom teacher who freelanced on the side, I eventually got to the point where I felt more personally fulfilled and excited by my side gigs.

In other words, I was kind of starting to hate going to work. I took this as a sign that it was time to bow out of the school system and start doing what I loved. Many freelancers are nudged into self-employment in much the same way.

"I wasn't satisfied with my content job at an Internet company, and I felt like my work was holding me back from accomplishing my main personal goal — to become a professional, full-time writer," said Stefan A. Slater, a 26-year-old freelance writer who stepped out of corporate life in 2012.

Leaving the security of a full-time job can be scary, but you have to ask yourself: Am I doing the job I always dreamed of doing?

You daydream about making your own work schedule

On Friday morning, I'll get up at 6 a.m. and work on projects for a few hours before heading over to my daughter's preschool for a Thanksgiving feast. I didn't have to request time off to do this; I simply built my workflow around it. Having the freedom to create your own work schedule is perhaps the greatest advantage of freelancing.

"At my last job, I felt a lot of pressure to be in the office, even though I could do my work from the bottom of the sea if necessary," said Vanessa McGrady, who just left a full-time office job for the freelance life. She currently writes a personal finance column for Forbes.com.

McGrady says that she treasures her flexible time, which allows her to go to yoga in the middle of the day and spend more time visiting family and friends.

"It's scary, not having that magical paycheque, but I think that just makes me work harder," said McGrady.

Your job isn't safe

Those of us with serious job security may find the prospect of self-employment a bit scary. For Dan Spalding, a PR consultant who left his nine-to-five as a corporate communications director in 2009, rumours of impending layoffs were what pushed him to go his own way.

"I wasn't going to be affected, but I knew some of my friends were," said Spalding, founder of Spalding Communications. "I wasn't exactly ready to step out into my consulting business, but I knew it would not be fair for the company to lay people off and keep me on, only to tell them in a few months that I was leaving to build my consultancy."

By stepping out when he did, Spalding ended up saving another employee's job. The act of decency paid off — Spalding's former employer signed on as one of his first clients.

Are you looking for a challenge?

Some of us rest easy in the predictable demands of our nine-to-five jobs. For others, the monotony can be a killer. Going your own way as a freelancer comes with its own unique set of challenges sure to keep you on your toes.

- For starters, building a solid client list is a job in itself. If you're contemplating quitting your job to work for yourself, McGrady suggests lining up your prospects beforehand. For her, this took the form of scouring her LinkedIn network and reaching out to contacts she'd worked with in the past. (This simple act secured her two new clients that same day.)
- Clientele aside, freelancers have other responsibilities to manage. Saving for retirement, paying quarterly taxes, and keeping your projects straight are all part of your day-to-day. No matter what your business is, the consulting route can sometimes feel unpredictable. But knowing that this is your livelihood definitely revs up the motivation in a way that no other job does.

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Strengthen your smarts by working with words

Education. Learning a new language can jog the noggin at any age, researchers say

Which dictionary would you choose to dive into? ISTOCK

If the brain is a muscle, learning a new language is its barbell, according to a new study from Pennsylvania State University.

"Learning and practising something, for instance a second language, strengthens the brain," says Ping Li, professor of psychology, linguistics and information sciences and technology. "Like physical exercise, the more you use specific areas of your brain, the more it grows and gets stronger."

Dr. Li and his colleagues worked with a group of 39 native English speakers over the course of six weeks during which half the participants learned Chinese vocabulary words.

In the interest of tracking neural changes, the research team performed two fMRI scans on each participant — one before the Chinese classes began, and one after it ended.

Before the classes started, the most successful learners among the group had exhibited a more connected brain network than those who were slower to catch on.

According to the researchers, integrated networks make the brain more adept at language learning.

After Chinese classes ended, the successful learners had undergone functional changes that made their brain networks even better integrated.

Dr. Li and his colleagues say that these anatomical changes can occur in the brain at any age as a result of learning a second language.

"A very interesting finding is that, contrary to previous studies, the brain is much more plastic than we thought," says Li. "We can still see anatomical changes in the brain (in the elderly), which is very encouraging news for aging. And learning a new language can help lead to more graceful aging."

AFP

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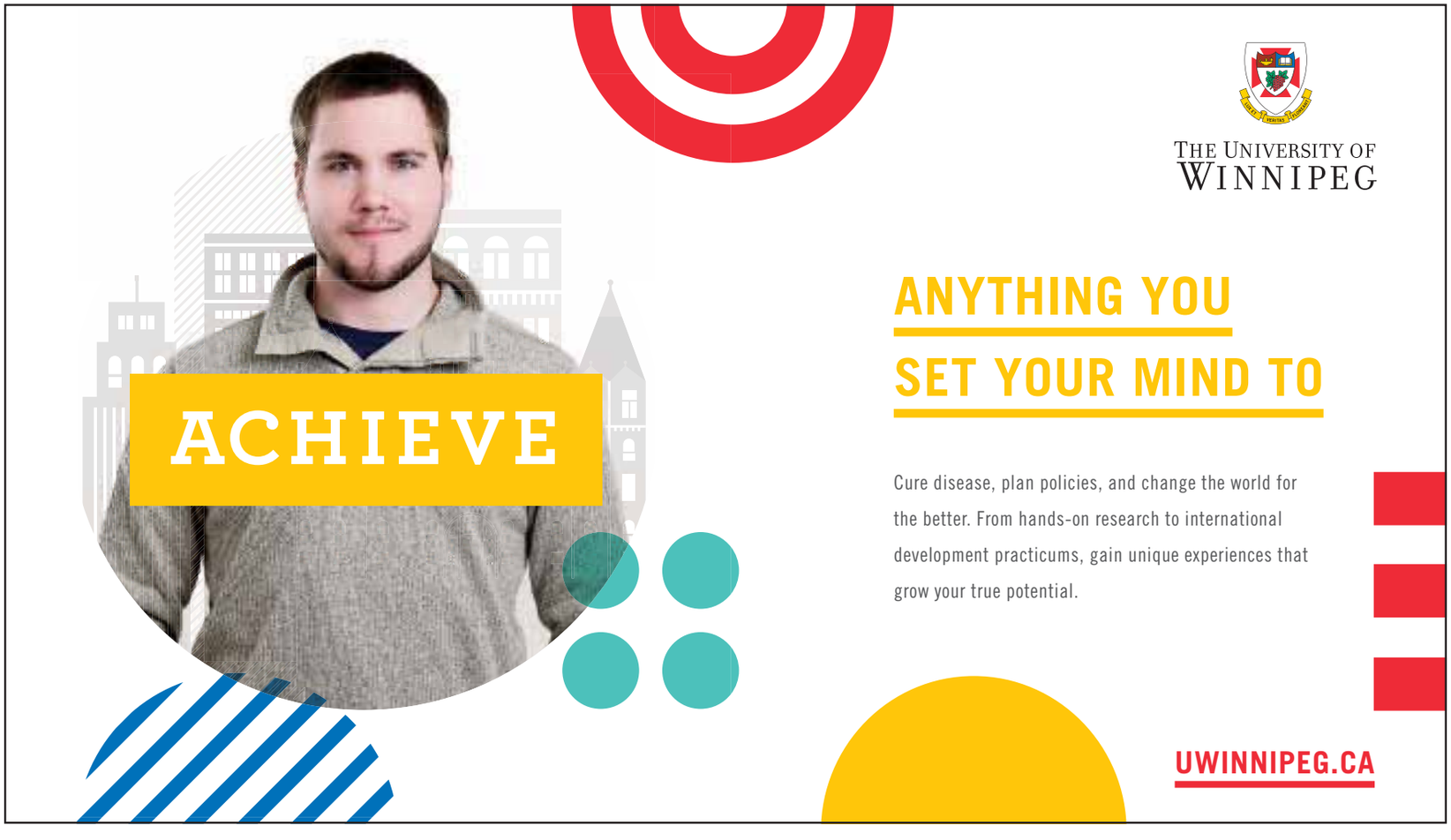
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You say potato, I say Sloppy Joe

Guaranteed family hit.
Here's a spuddy twist on the quick and easy dinner classic

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves six. ROSE REISMAN

Sloppy Joes have been around since the 1950s. Legend has it that a cook named Joe at a café in Sioux City, Iowa, added tomato sauce to his loose meat sandwiches and the "sloppy joe" was born!

Traditionally, the dish is prepared with ground beef, onions and tomato sauce and is served on a hamburger bun.

I stepped it up a notch by serving it over a baked potato and adding an array of garnishes to it.

I add a spicy diced sausage to enhance the flavour of the meat. If you have the time, you can always bake the potatoes at 450 F for about 45 minutes or just until tender for a crispier skin.

Guaranteed to be a No. 1 favourite with kids and families!

Directions

1. In a medium saucepan, lightly coated with cooking spray, add the onion, garlic and oil. Sauté for 5 minutes or until the onion begins to brown. Add the beef and sausage and cook for 5 minutes or until no longer pink, breaking apart the meat with a wooden spoon.

2. Add the tomato sauce, dried basil and chili powder. Cover and simmer for 15 minutes, stirring occasionally. Garnish with Parmesan cheese and fresh basil.

3. Meanwhile, clean the baking potatoes, leaving the skin on. Pierce the potatoes with a fork throughout. Microwave on High for 8-12 minutes, or until tender. Cut in half lengthwise and divide sloppy Joe mixture over top. Add garnishes of your choice.

Ingredients

- 6 medium baking potatoes
- 1 cup finely diced onion
- 1 1/2 tsp finely chopped garlic
- 1 tsp vegetable oil
- 12 oz extra-lean ground beef
- 4 oz spicy beef sausage, casings removed, diced
- 2 cups tomato pasta sauce
- 1 1/2 tsp dried basil
- 1 tsp chili powder
- 2 tbsp grated Parmesan cheese
- 2 tbsp chopped fresh basil

Garnish

- Choice of grated cheddar, light sour cream, chopped tomatoes and cilantro or basil

Nutritional information

Per serving

- **Calories.** 435
- **Carbohydrates.** 56.6 g
- **Fibre.** 6.8 g
- **Protein.** 29.3 g
- **Total fat.** 14.2 g
- **Saturated fat.** 4.7 g
- **Cholesterol.** 69 mg
- **Sodium.** 273 mg

When you need a showstopper of a dessert...

Ingredients

Shot Glass Cookies

- 2/3 cup granulated sugar
- 1 large egg
- 5 tbsp vegetable oil
- 1 ½ tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt
- 1 1/3 cup all-purpose flour
- 1/3 cup semi sweet miniature chocolate chips
- 1/3 cup semi sweet miniature chocolate chips

Chocolate mousse

- ½ cup semi-sweet chocolate chips or white chocolate chips
- 1 tbsp margarine or butter
- 3 egg whites
- 1/8th tsp cream of tartar
- ¼ cup granulated sugar
- 1 egg yolk

Garnish

- Melted chocolate or berries

You have to try my 'shot glass' chocolate chip cookie filled with white or dark chocolate mousse. The mousse is actually lighter and lower fat than regular mousse as it doesn't contain any heavy cream.

You can use half white and half dark chocolate and divide the remaining ingredients between both chocolates to create a two mousse shot glass!

1. Preheat oven to 350 F. Spray a 24 mini muffin cup tray with vegetable oil.

2. Combine sugar, egg, oil and vanilla until smooth. Add baking powder, salt, flour and chocolate chips and combine until well mixed.

3. With fingers, place about one tablespoon of dough into each mini muffin mould and press down until sides are covered, forming a cup. Bake for 20 minutes or just until browned.

4. Mousse: While cookies are baking, melt chocolate and margarine for 30 seconds in microwave on High just until chocolate is beginning to melt. Whisk until smooth.

5. In clean glass bowl, beat egg whites with cream of tartar until foamy. Gradually add sugar and beat until stiff peaks form.

6. Add egg yolk to chocolate and whisk until smooth. Add egg whites and combine gently until well incorporated. Fill cookie cups with mousse and garnish with melted chocolate or berries.

ROSE REISMAN

This recipe serves 24. ROSE REISMAN

West Division final

Stamps punch ticket to Grey Cup

Calgary can cap a stellar season with a Grey Cup after beating the Edmonton Eskimos 43-18 in Sunday's West Division final.

The Stampeders take on the Hamilton Tiger-Cats in the CFL's championship game Sunday in Vancouver.

Calgary quarterback Bo Levi Mitchell threw a pair of touchdown strikes to Eric Rogers, completed scoring passes to Marquay McDaniel and Jon Cornish and ran the ball in for a major of his own.

Cornish scored his second major of the game on a two-yard run late in the fourth quarter. The CFL's leading rusher totalled 54 yards on 14 carries, but made his biggest impact on the game as a receiver. Cornish totalled 120 yards on four catches and one them for a touchdown.

Mitchell, a 24-year-old Texan, won his first career playoff start throwing for 336 yards and four touchdowns without an interception. THE CANADIAN PRESS

The Stampeders' Jon Cornish scored a pair of touchdowns on Sunday. THE CANADIAN PRESS

Ticats laugh all the way to the Banks

East Division final. Punt returner scores pair of TDs as Hamilton beats Montreal to get into Grey Cup game

The Tiger-Cats' Brandon Banks slips a tackle en route to scoring one of his two punt-return touchdowns against the Alouettes during the East Division final on Sunday in Hamilton. GARY YOKOYAMA/TORSTAR NEWS SERVICE

Brandon Banks and the Hamilton Tiger-Cats made the Montreal Alouettes eat their words Sunday.

Banks had a playoff-tying two punt return TDs to lead Hamilton back to the Grey Cup with a 40-24 East Division final win over the Montreal Alouettes. Banks had five punt returns for a playoff-record 226 yards and had another 78-yard TD return negated by a penalty.

The victory was especially gratifying for Banks and the Ticats, who remained silent last week after Montreal players Duron Carter, Bear Woods and S.J. Green all boldly predicted their team would win. The assurances came despite the Alouettes losing 29-15 here Nov. 8 that earned Hamilton first in the East and home field for the division final.

Banks was a multi-threat, adding three carries for 35 yards and four catches for 33 yards. He finished with 294 total yards and played a major role in making Montreal choke on its words.

"Of course, we won," Banks said. "They guaranteed a win, didn't they so (they) can eat those words.

"It is what it is."

Defensive back Brandon Stewart, who was also centred out by Green last week, relished having the last laugh but said Green was gracious in defeat.

East Division final

Tiger-Cats	Alouettes
40	24

"He came up to me after the game and said, 'Good game; go win it in B.C.," Stewart said. "There's always respect, I mean he's a great receiver ... but we're going to B.C. and they're not.

"That's all that matters."

Banks' 88-yard return at 10:55 of the fourth quarter was nothing short of amazing. The five-foot-seven, 153-pound speedster — whose nickname is Speedy — was completely surrounded by Montreal defenders after corralling Sean Whyte's boot but somehow found a seam, then sprinted along the sidelines to put Hamilton ahead 37-24.

"He did a better job than our cover team," Montreal head coach Tom Higgins said. "I think we might have missed 13 tackles on one play, probably a guy had two shots at him."

Hamilton's Kent Austin is off to his third straight Grey Cup game as a CFL head coach. He won the 2007 contest in his rookie season on the sidelines with Saskatchewan. He left for the NCAA ranks after that season before returning north to Hamilton last year.

THE CANADIAN PRESS

metro AR

Green Bay Packers running back Eddie Lacy dodges Minnesota Viking Harrison Smith's tackle on Sunday in Minneapolis. Scan the image with your Metro News app for a roundup of more NFL action. HANNAH FOSLIEN/GETTY IMAGES

NFL. Lacy powers Pack attack

The ground game with Eddie Lacy was working so well for Green Bay that even Aaron Rodgers wanted a running play to try to put Minnesota away.

"I just kind of chuckled, because it's usually the other way around," Packers coach Mike McCarthy said.

Lacy and the offensive line delivered a four-yard run on third-and-2 to take the clock to the two-minute warning, and one more first down sealed a 24-21 victory for the Packers over the Vikings on Sunday.

Rodgers gave Green Bay his usual confident, accurate, productive game, but the biggest lift came from Lacy in the form of 125 yards on 25 powerful carries.

Tough

"He doesn't go down, man. It's pretty fun to watch."

Left guard Josh Sitton on Eddie Lacy

"He's agile for a guy his size. He's got a great spin move. He takes care of the football. He does all the things you want," said Rodgers, who threw two touchdown passes and again avoided a turnover while the Packers (8-3) moved into sole possession of first place in the NFC North.

Lacy scored twice, on a run in the first quarter and a catch in the fourth quarter. The Vikings (4-7) cut the lead to three with 3:23 remaining on Teddy Bridgewater's second touchdown pass of the day, but the Packers sent in their "Jumbo" set with a sixth offensive lineman to squelch a comeback.

Vikings coach Mike Zimmer said he should've called for an onside kick from the 50-yard line, after a roughing-the-passer penalty on the Packers during the previous play.

THE ASSOCIATED PRESS

4 SPORTS

Tennis

Federer beats Gasquet in Davis Cup final

Roger Federer defeated Richard Gasquet 6-4, 6-2, 6-2 in the first reverse singles match Sunday as Switzerland won the Davis Cup final against France by taking an unassailable 3-1 lead. THE ASSOCIATED PRESS

Plus $1.1M bonus

Lydia Ko gets her biggest LPGA Tour title

New Zealand teen Lydia Ko was flawless with a 4-under 68 to capture the Race to CME Globe. Then, the 17-year-old also added the Tour Championship with a par on the fourth playoff hole. THE CANADIAN PRESS

Lydia Ko plays a shot during the final round of the CME Group Tour Championship at Tiburon Golf Club on Sunday in Naples, Fla. SAM GREENWOOD/GETTY IMAGES

Seven-time F1 champ

Schumacher still 'making progress'

Former Formula One world champion Michael Schumacher continues to make progress as he recovers at home from last December's skiing accident, says his agent Sabine Kehm, in a TV interview. THE ASSOCIATED PRESS

MLS West final

Sarvas gives L.A. first-leg victory over Seattle

Marcelo Sarvas scored in the 52nd minute, and the L.A. Galaxy opened the Western Conference championship with a 1-0 victory over the Seattle Sounders on Sunday. THE ASSOCIATED PRESS

Reaves brings home the Blues

Winnipeg-born. Ryan Reaves gives St. Louis a win over Jets as friends, family cheer him on

Ryan Reaves and Alex Steen ignited a happy homecoming party in enemy territory on Sunday.

The Winnipeg-born players helped the St. Louis Blues defeat the Jets 4-2 in front of plenty of family and friends at MTS Centre.

Reaves, who estimated he had 50 to 60 supporters in the crowd, scored the winner and Steen had two assists for St. Louis.

"My mom invited all her family and I've got a bunch of friends here so I'm sure it's going to be packed in there," said Reaves, referring to a room set aside post-game for visiting players' guests.

Reaves scored 2:25 into the third period when he grabbed a loose puck near the side of Winnipeg's net, spun around and sent a low shot by goalie Ondrej Pavelec for the 3-2 lead.

"It just kind of laid in perfectly for me," said Reaves. "I was going to go to the backhand, but the momentum of the puck kind of took me on the spin-o-rama so I kind of went with it."

Reaves has played about five or six games in Winnipeg with either NHL and AHL clubs.

"I don't think I've ever had a point here, so it was fun," he said.

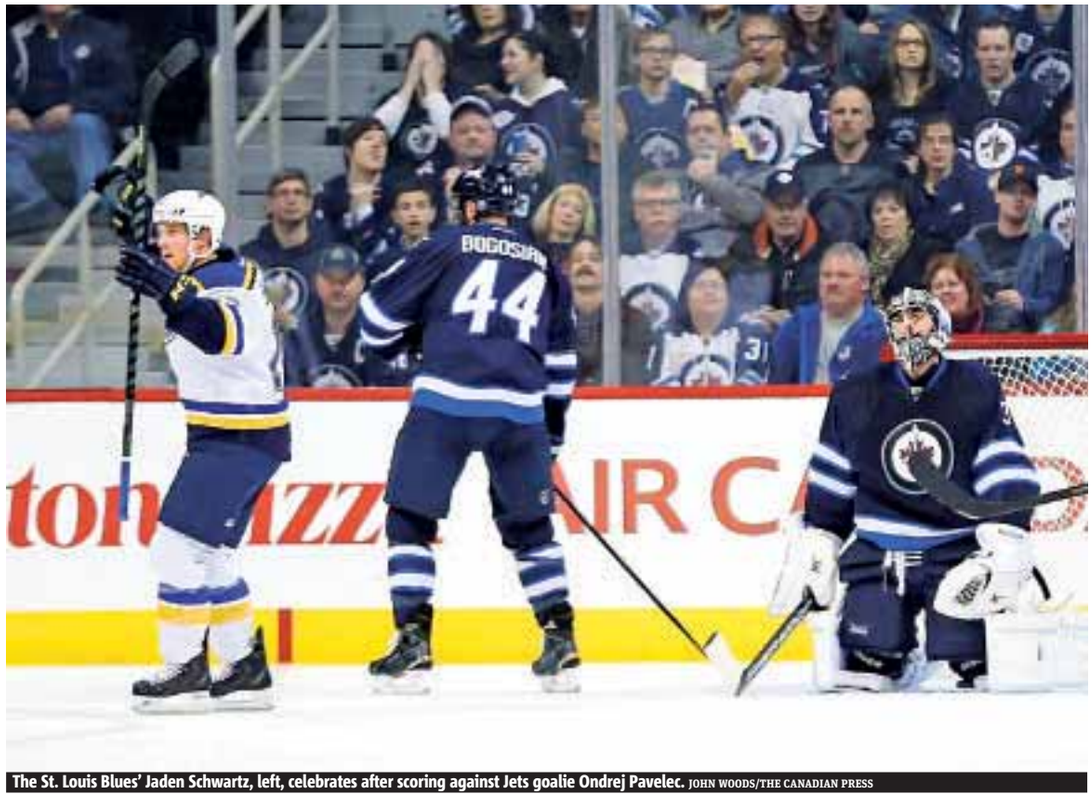
Jaden Schwartz and David Backes each scored on the power play for St. Louis (13-6-1) and Paul Stastny added an empty-netter. Alex Pietrangelo also had a pair of assists. Steen has also skated in Winnipeg a number of times for the visiting club.

"This is like my fourth or fifth time now," Steen said. "The first time was extremely special and now it's obviously special coming back."

The Jets (10-9-3) have allowed five power-play goals in their past four games and have one win in their last five games. They were 0 for 1 with the man advantage while St. Louis was 2 for 5.

Bryan Little scored his sixth of the season and Jim Slater got Winnipeg's fourth line its first goal of the year.

"Two power-play goals, that stung a little bit because we take a lot of pride in our PK," Slater said of the penalty kill. THE CANADIAN PRESS



The St. Louis Blues' Jaden Schwartz, left, celebrates after scoring against Jets goalie Ondrej Pavelec. JOHN WOODS/THE CANADIAN PRESS

Hamilton claims second F1 championship title

Lewis Hamilton celebrates his second F1 title in Abu Dhabi, United Arab Emirates, Sunday. KAMRAN JEBREILI/THE ASSOCIATED PRESS

British driver Lewis Hamilton clinched his second Formula One title in style after winning the season-ending Abu Dhabi Grand Prix on Sunday, with title rival Nico Rosberg drifting out of contention after failing to recover from a poor start.

Hamilton, the 2008 F1 champion, entered the race with a 17-point lead over his Mercedes rival Rosberg, needing only a top-two finish to guarantee the title.

"Wooooo-hooooo, world champion I can't believe it! Thank you so much guys," Hamilton screamed over race radio, before grabbing a Union Jack flag and waving it above his car as his mechanics celebrated wildly.

"It's hard to soak all of this up. So much pressure," the 29-year-old Hamilton said. "I didn't sleep last night. I went for a run and had a massage, I thought I would be tired, but somehow I felt composed for the race. This has been an incredible year. It feels very surreal, like an out-of-body experience, like it's not really happening."

He kept his helmet on for several minutes, appearing to wipe away tears, as the emotion of his hard-fought championship win started to sink in.

Standing watching in the Mercedes garage, Britain's Prince Harry told him he was a "legend" and Hamilton was visibly emotional as the national anthem blared out.

"I'm lost for words. One thing I want to say is a big huge 'Thank You' to all the fans, to my family. I love you guys," Hamilton said. THE ASSOCIATED PRESS

Abu Dhabi Grand Prix

Rosberg started from pole position and, with double points on offer, could have taken his first F1 title with a win providing Hamilton finished third or lower. That dream scenario lasted three seconds — the time it took Hamilton to overtake Rosberg, whose race turned into a nightmare. He eventually finished 14th.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't be too proud to accept a gift from a friend. Not only do you need what they want to give you but accepting it will make them feel good about themselves as well.

♉ Taurus
April 21 - May 21
A plan to boost your earning power may be tempting but if it means doing something that leaves you feeling uncomfortable with yourself then maybe you should give it a miss.

♊ Gemini
May 22 - June 21
If others expect you to act in ways you do not enjoy then obviously something is wrong. You don't have to do what they want you to do.

♋ Cancer
June 22 - July 23
You have been pushing yourself hard of late and if you start this week the way you finished the last one it won't be long before you break down in some way.

♌ Leo
July 24 - Aug. 23
What you want to do and what you are expected to do may be different things but if you are smart you will find ways to mix duty and pleasure.

♍ Virgo
Aug. 24 - Sept. 23
Your thoughts may be far away but the demands of your current situation will soon bring you back to reality.

♎ Libra
Sept. 24 - Oct. 23
There may be certain patterns of behaviour that you would like to overcome but you have got to be sensible about it. You can't change overnight.

♏ Scorpio
Oct. 24 - Nov. 22
You need to be careful as the new week begins because if you allow yourself to be taken in by soft words or a pretty face you could find later on that you have been duped.

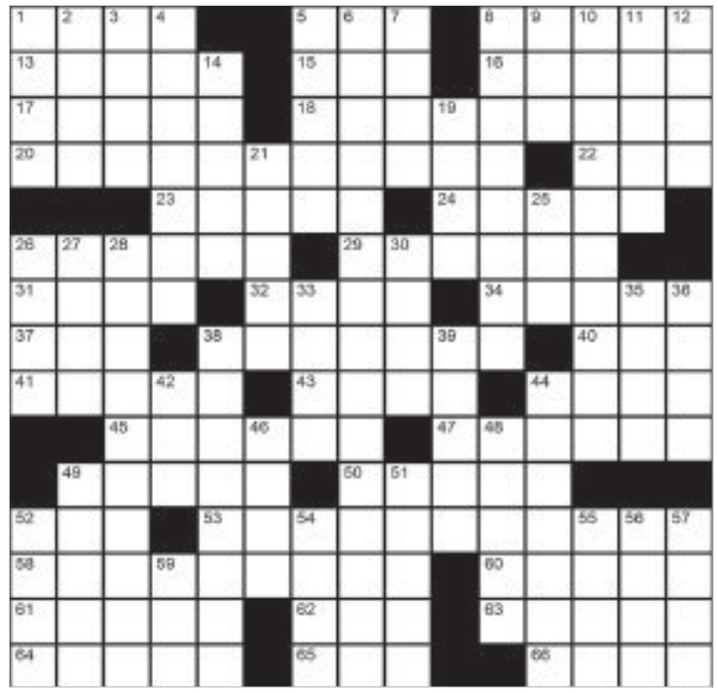
♐ Sagittarius
Nov. 23 - Dec. 21
No one doubts your hard work but even a Sag needs to slow down once in a while. Venus in your birth sign urges you match each hour of work with an hour of relaxation.

♑ Capricorn
Dec. 22 - Jan. 20
Don't worry too much about the purpose of what you are doing — if it makes you happy that is purpose.

♒ Aquarius
Jan. 21 - Feb. 19
There are plenty of reasons why it might be wise to keep your head down and stay quiet but opportunities to have your say come all too rarely and you are not going to let this one pass by.

♓ Pisces
Feb. 20 - March 20
It may be tempting to confront someone giving you a hard time but the planets warn you should leave it until later in the week.

Crossword: Canada Across and Down by Kelly Ann Buchanan



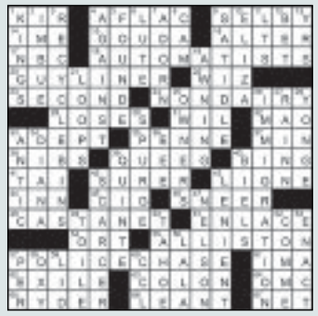
Across

1. Daredevil Mr. Wallenda's
5. Mudbath locale
8. Type of religious belief
13. Conform
15. Not him
16. Swedish actress Ms. Stevens
17. "I Believe ___ ___" by Kylie Minogue
18. Canuck family tree series, "__ in the Attic"
20. Visit to the hair salon reason: 2 wds.
22. Mints brand, __ tac
23. Deafening, WWI-era novel by Canadian author Frances __
24. Dance style
26. Non-__ organization
29. Ray of "Good-Fellas" (1990)
31. Gem type
32. __ Village, in Hamilton
34. Celebrity roast host
37. UK award since 1917
38. Land bridge
40. ms. lang's
41. "Tearin' Up My Heart" quintet
43. Carpentry tool
44. Vocationally vacate
45. Wobble
47. __ up, as cars
49. Irritate
50. Verse, to Baudelaire
52. Previously, to Shakespeare
53. __ de Montreal (Montreal bug museum)
58. New Brunswick port on Chaleur Bay
60. Actress Lisa
61. Internet commerce, _-__
62. Pastureland
63. E.C. __ (Popeye creator)
64. 1989 for Taylor Swift = ___ _
65. Vase
66. Prairie prov.

Down

1. Depilatory brand
2. "____ idea." (Really?)
3. Send to the boxing canvas
4. Internet music service
5. Mr. Cassidy (1970s heartthrob)
6. Classroom tool: 2 wds.
7. __ enemies
8. Disagreements
9. 'Persist' suffix
10. "Knocked me down and _ __ __ __..." - Red Rider, "Human Race"
11. Opera __ (Opera style that is serious)
12. __. _, "Happy Days" mom
14. "__ Frutti" by Little Richard
19. Overseas currency
21. Promises
25. Valerie Harper co-star ...her monogram
26. Me, she or him [abbr.]
27. Wipes
28. One way to be a good Canadian: 3 wds.
30. Doctrines
33. Raison d'__
35. Actress Ms. McClurg
36. Approximated, for short
38. Canadian Rockies sight in Alberta, Columbia __
39. Disconcerted
42. PBS funding org.
44. Questions
46. Oversee
48. Mr. Epps'
49. Where Minos was king
51. Liner's lieu
52. Mr. Scrooge, to pals
54. "Star Trek" character
55. "Young Frankenstein" (1974) role
56. Irish actress Ms. O'Connor's
57. Gospel guy
59. Driver's proof, e.g.

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		3				7		1
	9		8		7		6	
1				9				4
	4			8			1	
		1				3		
	5			6			2	
4				7				9
	6		9		1		3	
9		8				6		7

Friday's Sudoku

5	2	1	6	4	8	7	9	3
6	9	4	3	7	2	8	5	1
3	7	8	1	5	9	4	6	2
8	1	2	5	9	6	3	4	7
4	6	5	7	8	3	2	1	9
9	3	7	4	2	1	5	8	6
1	5	3	2	6	4	9	7	8
2	4	9	8	1	7	6	3	5
7	8	6	9	3	5	1	2	4

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